



Potential Impact of COVID-19 Pandemic on the Socio-Economic Situations in Nigeria: A Huge Public Health Risk of unprecedented Concern

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Abstract

Introduction: Severe acute respiratory syndrome coronavirus-2 is the causative virus for COVID-19. This is the latest coronavirus responsible for the shutting down of various aspects of human livelihood, as well as various sectors of the global economy, thereby having scathing socio-economic consequences on the entire global world. COVID-19 pandemic is currently a leading topic in Public Health discussion outcome. The focus has been hugely placed on how to limit the spread and flatten the curve of infections and deaths in regions and across the globe. The strategies employed in carrying out this task involved all procedures to limit human interaction through social distancing by enforcements of lockdowns, self-isolation, quarantine, border closure, as well as the shutdown of the various sectors of the economy. This has greatly affected the socio-economy of the world in various ways that shall be discussed in this article.

Method and Methodology: The study approached employed in developing this article is the systematic review approach wherein a critical analysis of peer-reviewed and online news published articles were carried out and data relevant to the topic of discourse were applied. Keywords relevant to the topics were used to search through various databases with relevant articles included and the rest that could not meet up with the criteria of purpose were excluded.

Background Knowledge: COVID-19 belongs to the Coronavirus family of viruses and is responsible for causing severe acute respiratory syndrome in those infected. While many patients are asymptomatic or may show only mild symptoms such as loss of smell and taste, fever and cough which may resolve after some days, some other patients may develop more serious complications such as severe acute respiratory disease and may require oxygen therapy and intensive care. This could lead to the death of some patients, and is mostly in people who are immune-compromised or have a history of underlying diseases such as diabetes. The mode of spread involves the inhalation of virus filled aerosol, or picking up of viral particles from surfaces by hand and touching, eyes, nose or face. Therefore measure for prevention involves social distancing, decontamination, wearing of face masks and practice of hand hygiene by constantly washing or using alcohol-based hand sanitizers.

Findings/Results: The number of COVID-19 cases has risen to over ten million cases within six months of the outbreak with over five hundred thousand deaths as of 25th at June, 2020. The rise in number of cases led to the implementation of various measures such shutdown of industries, schools, businesses, religious activities as well as every endeavour that leads to

association of people. This has led to great losses being incurred in various sectors of the economy. Lack of interaction has also proven to have some psychological implications, especially in people undergoing quarantine.

Conclusion and Recommendation: While the cases of COVID-19 continues to rise, people must continue to adhere to the precautionary measures set up by world governing bodies, to ensure that the curve of the spread of the virus is flattened while waiting on the combined efforts of various research institutions working on vaccines to yield positive results.

Keywords: COVID-19; Socio-Economic Situations; Nigeria; Public Health; Hunger; Poverty; Loss of Jobs

Introduction

Coronaviruses are potentially single-stranded enveloped viruses with an RNA that measures about 26 to 32kb [1]. All coronaviruses that infect humans are zoonotic, with bats being a primary reservoir for most of them [2,3]. The 21st century has witnessed the incidences of three coronavirus outbreaks, with the latest being the coronavirus disease of 2019, also known as the COVID-19 [1,4,5]. The outbreak of the Severe Acute Respiratory Syndrome coronavirus (SARS-COV) in 2003 resulted in 8096 cases globally with 774 deaths, while the Middle East Respiratory Syndrome Coronavirus (MERS-COV) resulted in 2500 cases with 860 deaths [6,7]. On the backdrop of the above phenomenon, the emergence of a new coronavirus disease has raised great Public Health concerns and may prove to have scathing global socioeconomic consequences in the long run, if the pandemonium continued to run its full cause unhindered by robust Public Health intervention strategies that are dependable and sustainable.

Nonetheless, it is no longer breaking news that COVID-19 has shut down the world everyday activities in all spheres of lives. The highly infectious and very deadly virus has eroded the real meaning of humanity, which revolves around the fact that man is a social animal as espoused by Aristotle. The relationship which hitherto existed between different people in the society and brings about social bonding has been drastically reduced, as a result of the COVID-19 pandemic and the world remains in constant increasing panic till date. The world is shaking, countries fighting individually and collectively to defeat what could be regarded as one of the greatest challenges, that has ever confronted mankind. It has revolted against social, economic, religious, political, cultural and academic gathering, among others. The pandemic has fought both powerful and non-powerful countries. It has also killed both the wealthy and the poor masses in significant numbers to the abashed and worry of the rich and poor nations.

COVID-19 pandemic was first reported in Wuhan, located in the Hubei province of China in early December, 2019 [1]. The origin of COVID-19 outbreak has been linked

to a Huanan Seafood market in China that deals with the sale of live animals; this strongly suggests likelihood of zoonotic infection supposedly links to the viral pandemic outcome [8-10]. However, several conspiracy theories exist as regards to the origin of the virus, with some speculations of the virus being a biological weapon from China, amid many other unsubstantiated claims especially those linked with the 5G network being developed from China [11].

Despite these speculations and accusations, the world has been gripped by the novel virus which has now caused 485,423 deaths across 215 countries, regions and territories [12]. Therefore, the World Health Organisation, regional and local health bodies have adopted measures to stop the further spread of the disease, and has also tasked the public and the leadership of various countries to enforce the measures necessary to limit the spread of the virus such as social distancing, regular hand washing, lockdown and closing of borders [13].

In Nigeria, President Muhammadu Buhari in two successive broadcasts to the nation ordered a lockdown of certain parts of the country such as Abuja, Lagos and Ogun State [14]. Mr Buhari also ordered the restriction of human and vehicular movements across the country [15].

Consequently, several countries are already grappling with the deleterious effects of the measures set up to combat COVID-19 in various spheres of their socio-economic existence of many countries by considerably halting the economic activities in these countries [16]. According to a study on the impact of COVID-19 lockdown in Sub-Saharan Africa carried out by Teachout, et al. [17], it was reported that 9.1% of the population has fallen into extreme poverty, with 65% of this being due to the lockdown, and about 30% of the total population have exhausted their savings, which incapacitates them from responding to future shocks [17]. In Nigeria, the federal government sent a revised budget to the National Assembly due to constant drop in crude oil prices, and thereby revised the budget proposal revenue projection for the 2020 fiscal period by a difference of N3.3 trillion naira from the initially approved amount of 8.41 trillion naira to 5.08 trillion naira [18]. Meanwhile, amid the partial

lockdown of the country, economic activities at the macro and micro levels have been grounded, while social activities are also halted.

The above situations have forced governments, both at the state and federal levels to put in place some palliative measures to cushion the effects on the masses and businesses. At the centre of it all is the increasingly public health risk or concern, which this study seeks to provide answers to.

The novel coronavirus has taken its grip on Nigeria economy and her citizens, forcing the federal government to declare partial lockdown in Lagos, Ogun and Abuja and restriction of vehicular and human movements across the country [14,15]. These measures are aimed at curtailing the further spread of the virus, even as 35 states of the federation have recorded cases of the virus bringing the number of cases in the country to 22,020 with 542 deaths as at 24th June 2020 [19].

The measures have affected social and economic situations across the country. Consequently, several wedding ceremonies have been cancelled while most economic activities have also been halted [20]. These situations have affected both low and high-income earners in various businesses. More so, traders and transporters have been affected while religious activities are now being conducted mostly on the internet and only those who can afford to buy data and smart phones are those favoured while the poorest poor in the country could not get involved in online worshipping [21].

The overall impact of these situations is on Public Health wellbeing, hence ban on social gathering and introduction of social distancing approach in human social interaction was very strange in this part of the world. However, governments at the federal, state and the grassroot levels have not provided tangible palliatives to the masses, to cushion the effects on the people which have made most people who live from hand to mouth to ignore the preventive measures in pursuit of food at the detriment of Public Health protection strategies. The objectives of this study are, therefore, to ascertain the impact of COVID-19 pandemic on the federal government of Nigeria with respect to the trend of governance (ii) To analyse and evaluate the brunt of COVID-19 pandemic on businesses in Nigeria. (iii) To analyse the effect COVID 19 pandemic on socio-economic activities on the Nigerian citizens especially, with those on the daily income earners, across the country. However, it is strongly believed that information generated from this study would promote government and other relevant health agencies to plan towards providing sustainable and dependable palliative measures to cushion the socio-economic impact of COVID 19 pandemic on the

citizens.

Method and Methodology

Study Approach

The study uses a systematic review approach which involves the careful review of already published study articles to analysed and synthesized relevant information from it which can be applied to a body of work to develop another interesting body of knowledge for the benefit of science community. According to Denyer, et al. [22] a systematic review is a scientific analytical methodology that collects an already published study with the view to evaluates, analyses and synthesizes the findings, and reports such in a manner that allows for clear understanding and conclusions to be reached on the topic of discourse [22].

Search Strategy

Most of the information contained in this review article was obtained from peer-reviewed published articles from reputable journals and databases such as the Lancets, NCBI, research gate and so on. Also, various online articles published from reputable and verifiable websites such as BBC, nairametrics, the guardian etc were reviewed in the course of writing this article. Google searches of certain important keywords relevant to the article were also carried out to gain generalised knowledge on the topic, as well as search for useful articles for review. Some important keywords employed in the course of searching through various databases include: COVID-19, Epidemiology of COVID-19, Impact of COVID-19, Socio-Economic impact of COVID 1, COVID 19 and Business shut down.

Inclusion Criteria

In the course of the development of this article, several published articles were encountered, however, only those which were relevant to the topic of discourse were reviewed, while others that did not meet up to these criteria were not used, even as only articles published in English Language were considered for view.

Exclusion Criteria

The articles that did not focus on the subject matter under discuss was removed. Also those published in different languages other than English Language were not considered during the selection process, and lastly information's published from the sources that are not reliable and dependable with evidence based references were also not considered during the systematic selection and review

process.

Theoretical Outcome and Underpinning Framework

Public Health has received intellectual discourse in several fields including those of the social sciences. Therefore, several theories have been espoused in explaining Public Health outcome. In this study, we adopted two of such theories. They are: Ecosocial theory and Complexity theory. Ecosocial theory weighs materialist and psychosocial positions in the society. According to Krieger, et al. [23] the theory is about an analysis of current and changing population patterns of health, disease and well-being concerning each level of biological, ecological and social organization [23]. Promoters of this theory assert that it involves the materialist or social production of disease perspective, which is linked to biology. It also talks about disparity in the experience of health conditions, amid inequality in socioeconomic status. From the submissions above, we can add that Ecosocial theory is multifaceted-it provides the grounds on which human biological construct, social intercourse and the human environment can be perceived in terms of the effect of disease on these conditions as well as the factors within these conditions that endangered health, due to the disparity in people's social and economic conditions.

On the other hand, complexity theory, according to Matheson and others [24] explains the behaviour of non-linear systems in the social sciences. It promotes a non-linear view of causality, with interrelationships between systems and within economic systems and attempts to causal processes. From the foregoing, it means that causality (trigger) or conditions that cause Public Health manifest from many-sided angles because of the interrelatedness of systems and sub-systems [24]. So, the conditions are procedural, even when they are linked to Public Health milestone delivery outcomes.

There are over nine million cases and almost five thousand deaths globally as of June, due to the COVID-19 pandemic [12]. Consequently, the COVID-19 pandemic has continued to generate global concern and action with the World Health Organisation at the forefront of the war against its spread. Despite these global efforts, countries in the world are taking serious and personal measures to contain the spread of the virus. Although high cases of infection and death are more in the developed countries such as USA, Italy, Germany, France China, Japan and Australia. Evidence based indications across the world, however, show that the developed countries have the technological hardware and software to manage the situation, than the developing countries. Fear is often expressed concerning the outcome in the developing countries that lack the facilities for the

containment of the disease, as well as poverty, ignorance, bad leadership and lifestyle of the masses that is often laced with high level of poor environmental and personal hygiene. These situations are in lines with the above theories above. This explains why the two theories are adopted for this study.

Background Knowledge

Emerging and re-emerging infections have remained one of the major problems encountered causing grave public health concerns [25]. Coronaviruses are widely distributed and affect humans and certain other animals such as birds, bats and other mammals, thereby causing various respiratory, enteric and neurological disease of varying severity [26,27]. Due to their high level of genetic variability and recombination, high distribution and prevalence, as well as increasing interactions between animals and humans, novel coronaviruses might likely emerge from time to time as a result of cross-infections between species [28,29].

Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-COV-2) is the latest emerging coronavirus which infects humans and causes the Coronavirus disease of 2019 (COVID-19) [30]. The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code (mutation) and convert them into aggressor and multiplier cells [31]. The disease is mostly asymptomatic, but some infected people may experience mild symptoms such as fever, cough, dyspnea, loss of the sense of taste and sense of smell [1,32]. In more severe cases, the patient may acquire acute respiratory distress and may require oxygen therapy [1]. The condition may further deteriorate into septic shock, acute kidney injury which may eventually lead to death due to multiple organ failure [1].

COVID-19 is a highly contagious disease and may be picked up from surfaces of substances including in the hands of human beings [33]. This is why regular hand washing with soap and social distancing are among the best measures recommended by the World Health Organisation for the containment of the viral disease [33].

Epidemiology of COVID-19

The first case of COVID-19 was reported in Wuhan China in December, when the World Health Organization was informed of a novel coronavirus causing respiratory disease among patients linked to a Huanan seafood market, thereby suggesting zoonotic origins [10]. The spread of COVID-19 since then has been massive and unprecedented spreading through a total of 215 countries, regions and territories, with 9,919,559 cases, 497,255 deaths, and 5,372,998 as at 27th

June 2020 [12] The United States of America has the highest number of cases and deaths with 1,356,660 cases and 124,640 deaths, while the self-governing French territory of Saint Pierre Miquelon has the lowest number of cases with just one case and no death [12,34].

In Africa, the first case of COVID-19 was confirmed in Egypt on February 14th [35]. The cases have increased sporadically since then, with the continent recording 362,631 cases and 9,317 deaths, spreading across 57 territories and countries as of 24th June, 2020 [12]. South Africa has recorded the highest number of cases with 124,590 cases

and 2,340 deaths while the Western Sahara territory has the lowest number of cases with 10 cases and 1 death as at 27th June, 2020 [12].

In Nigeria, there has a total number of 23,298 confirmed cases, 554 deaths with 125,090 tests carried out across the 36 states of the country as of 27th June, 2020 [36]. Lagos state has proven to be the epicentre of the outbreak in Nigeria with 9,741 cases and 126 deaths, while Kogi state has recorded the lowest number in the country with 3 cases with no deaths (Table 1).

States Affected	No. of Cases (Lab Confirmed)	No. of Cases (on admission)	No. Discharged	No. of Deaths
Lagos	10,310	8,590	1,593	127
FCT	1,818	1,216	570	32
Oyo	1,372	674	686	12
Kano	1,211	256	904	51
Rivers	1,056	413	605	38
Edo	986	670	280	36
Delta	965	752	190	23
Ogun	807	219	570	18
Kaduna	714	224	478	12
Katsina	551	259	270	22
Gombe	503	134	350	19
Bauchi	500	49	439	12
Borno	491	37	422	32
Ebonyi	438	91	344	3
Plateau	371	182	180	9
Imo	318	273	40	5
Jigawa	317	120	191	6
Abia	302	92	207	3
Ondo	276	168	89	19
Enugu	261	192	63	6
Kwara	217	83	128	6
Nasarawa	213	92	113	8
Bayelsa	198	86	100	12
Sokoto	151	18	118	15
Osun	124	72	47	5
Akwa Ibom	86	30	54	2
Adamawa	84	31	47	6
Niger	84	44	37	3
Kebbi	76	28	42	6
Zamfara	76	0	71	5

Anambra	73	7	57	9
Benue	59	28	30	1
Yobe	59	3	48	8
Ekiti	43	12	29	2
Taraba	19	9	10	0
Kogi	4	4	0	0

Table 1: Confirmed Cases by State in Nigeria as at 30th June, 2020

COVID-19 as a Public Health Concern

Turnock, et al. [37] views Public Health as a collective effort to identify and address the unacceptable realities that result in preventable and avoidable health outcomes, and it is the composite of efforts and activities that are carried out by people committed to these end [37]. Also, the Institute of Medicine [38], conceptualized Public Health as the science and art of preventing diseases, prolong life, promoting health and efficiency through organised community effort. According to Donald Acheson [39], Public Health was defined as the science and art of preventing disease, prolonging life and promoting health through the organized efforts of society. This implies that the goal of Public Health in the period of the pandemic is bordered around the prevention of the spread of the disease, as well as how the socio-economic impacts and consequences of the pandemic affect the spread of the virus and the quality of lives. The major response in limiting the spread of the COVID-19 pandemic involves methods that enable the application of social distancing such as lockdowns, travel restrictions, quarantine and self-isolation [13]. The restrictions placed on human and vehicular movements by the federal and state governments are aimed at preventing further spread of the coronavirus, which is the one of the ways to eliminate the virus. It shows that the virus has continued to affect Public Health and has raised whole lot of massive concern from the government and the citizens point of view of such an emerging danger are abound in our collective society. This has greatly affected various sectors of the economy, Public Health and human livelihood [40]. In the healthcare sector, the risk to healthcare workers continue to increase as they have to face the chance of contracting the virus as they carry out their daily routine duty [41]. Factors such as increasing cost of healthcare, lack of protective equipment, low number of intensive care unit beds and ventilators continue to expose the inadequacies of the healthcare sector, especially in the COVID-19 pandemic era [40]. These call for a great public health concern, as many individuals may not be able to bear the high cost of healthcare in the event of infection [42]. The pharmaceutical sector has also suffered some setbacks due to difficulty in procuring pharmaceutical ingredients by pharmaceutical companies [43,44].

Discussion

The world is no longer buzzing with sports, tourism, orchestra, religious fiesta and other cheering activities. The Public Health measures aimed at limiting the spread of COVID-19 has largely influenced the various aspects of social human interaction, as well as all sectors of the economy such as the primary sectors (responsible for extracting raw materials), secondary sectors (responsible for the production of the finished product) and the tertiary sectors (all service providers) [40]. It has also greatly affected social and familial interactions with reduced interactions among friends and social groups. However, more disturbing is the increasing reports of domestic and sexual abuse due to lockdown and quarantine [44] with reports of a 25% increase in calls to help-lines on domestic abuse [45].

The most affected primary sectors of the COVID-19 pandemic are the Petroleum and oil industry, as well as the agricultural industry [40]. There has been an increased need for agricultural products, due to increased panic buying with a lower yield of products [46]. The petroleum and oil industry as well suffered some major setbacks initially due to trade disagreements between Saudi Arabia and Russia leading to a great fall in the price of oil [47]. The ban on movement and travelling also affected the consumption of petroleum products. In Nigeria, due to the drop in oil price, the budget review proposal has been sent to the Senate for approval, with a 39% slash in the original budget [20].

The manufacturing sectors were badly hit in the pandemic; due to lockdown and quarantine rules as working from home is not a feasible option for this aspect of the economy and limitations in importation being a barrier, especially in countries like Nigeria whose manufacturing industries are hugely dependent on the importation of raw materials especially from China [40,48]. A reduction of 1.2% production is predicted in the global chemical industry; their worst growth since the financial crash of 2008 [49].

The tertiary sector such as the education sectors, finance sectors, hospitality and tourism sectors, sports industry, media and information industry, real estate and housing

industry and so on continue to feel the brunt of the pandemic outbreak [40]. Closure of all schools including primary, secondary and tertiary institutions is one of the major recommendations advised to limit the spread of COVID-19, as school gathering has been proven to be a major means of disease spread during outbreaks [50]. The United Kingdom was estimated to lose 3% of its gross domestic product due to school closure [51]. This correlates with the model study which showed that closure of schools for four weeks will cost the state of New York in the United State 1.1 billion dollars and a nationwide school closure will cause a loss of 1% of the country's gross domestic product [52]. While most advanced nations are developing the use of new technology such as e-learning platforms, such cannot be fully implemented in Nigeria, due to the divide in the educational system whereby certain services cannot be accessed by people in poor rural settings and some in urban settings [53].

COVID-19 outbreak has hurt businesses, the financial market and global financial economy generally, due to uncoordinated international governmental responses causing disarray in the international supply chain [40]. Lockdown and self-isolation significantly reduced production, demand and consumption of certain goods and services [54]. According to Olisah, et al. [55], the Nigerian businesses affected most are the start-ups and small scale enterprises, consultancy, hospitality and aviation sectors [55]. The tourism, hospitality and aviation sectors are arguably the biggest losers in the COVID-19 outbreak era. The World Travel and Tourism Council has estimated that over 50 million jobs may be lost globally due to the COVID-19 pandemic, and the sector faces a great risk in that regard with great consequences as the tourism sector accounts for 10% of the World's gross domestic product [56]. The aviation sector is struggling with unprecedented losses as various travel bans have been placed, with only highly essential travels allowed [57]. Some airlines have asked for bailout funds to enable their sustainability, with UK airlines asking for 7 billion Euros [58]. The Asset Management Corporation of Nigeria (AMCON) has also called out for bailout funds for Nigerian airlines to prevent a shutdown of the aviation sector [59].

The sports industry as well saw a major halt in activities with postponement and cancellation of major local and international sporting competitions due to COVID-19 pandemic as large gatherings in stadia and other sports facilities could be a potent means for the spread of the virus [50,60]. However, the information and research industry has experienced an upsurge as various research bodies and institutions such as The Coalition for Epidemic Preparedness Innovations (CEPI), are leading various efforts to develop vaccines and treatment regimens against the COVID-19 pandemic, having been backed and sponsored by large

companies and corporations such as the Gate's Foundation, Welcome and Master card who have donated several millions of dollars to the efforts being made in the research field [61,62].

While religious gatherings may not be classified as a sector of the economy, religious activities play a significant role in the aspect of social, psychological and spiritual wellbeing of those who partake in it. The COVID-19 pandemic has also had a significant impact on religious gatherings, even as gathering of such magnitude tends to be a potent means of the viral spread. Thus guidelines such as regulated numbers of worshippers have been placed on most religious institutions, while those unable to partake due to these regulations can worship online. While the economic impacts of the ban on religious gathering are not determined, the negative social impact has been tremendously enormous on the overall livelihood of existence of the citizens across the globe.

However, a particular factor which is usually important in Public Health discourses, especially in light of the preventative measures and the socio-economic impact of these measures is the mental health of individuals involved. Public Health emergencies affect the people and might lead to fear, insecurity, stigma due to disease, loss of jobs, economic losses and so on and may lead to certain psychiatric conditions such as depression [63]. This agrees with a study carried out by Brooks, et al. [64] in which it was shown that people who have been in quarantine are likely to experience post quarantine stress syndrome. This also agrees with the work carried out by Wu, et al. [65] after the SARS outbreak showed that patients and some hospital employees suffer from post quarantine stress and some lasted for as long as three years after the outbreak. Also, quarantine of health workers usually results in avoidance syndrome, thereby creating a phobia for approaching patients [66]. Some quarantine stressors were outlined as long period of quarantine, fears of cross-infection, frustration and boredom, shortage of supplies and poor flow of information, while post quarantine stressors majorly involves lack or loss of finances and the stigma associated with quarantine [64]. It is therefore pertinent to set up measures which will mitigate post quarantine stressors. Thus, these critical aspects of Public Health engagement is literally lacking in developing communities like Nigeria, and probably in other Sub-Sahara African countries, even as there are visible lack of functioning health care facilities especially in the rural communities, which has remained a huge source of concern in this period of frustration and high wave of crime in our communities, due to hunger and potential poverty created by COVID 19 pandemic [67] The need to consciously work very hard and diligently by government and other relevant stakeholders in health service delivery to correct the visible lack of clinical

infrastructure in Nigeria would help in this direction. These would therefore, improve the overall Public Health wellbeing of the general masses in the country.

Conclusion

The outbreak of the pandemic has taken its toll on the socio-economic aspect of the world, as well as it has also affected every other aspect of human life. Despite the measures taken, there has continues to be an increase in the numbers of cases and deaths associated with COVID-19. The Nigerian government and concerned organizations and individuals are battling to contend these cases. The World Health Organization had been speaking on the need to increase efforts by African Governments to contend the virus due to the poor situation of health care in Africa. Amidst these efforts, markets, schools, churches and other public places have been shut down and remain so closed. These has increased the sufferings of many Nigerians who are largely poor. But due to the precarious nature of the virus, governments at all levels have appealed to the masses to be patient though without tangible and sustainable palliatives for the most vulnerable Nigerians amidst the country's poverty index. However, because COVID-19 is a Public Health disease, concerns for the safety of individuals and the entire masses remain the revolving point of discourse. Therefore, based on the objectives for this study and from the various works of literature reviewed, COVID-19 pandemic has impacted negatively on the federal government of Nigeria, forcing it to review its budget and spending. Meanwhile, the study has ascertained that businesses (large and small, corporate or not) have been greatly affected, making some Organizations to reduce the workforce, while some had threatened to do the same. This may increase the rate of crime and other problems in Nigeria and Africa at large. On the individual level, COVID-19 has affected income generation and earning, which has impacted negatively on families. The mental health of many individuals are also of immense concern due to the stressors associated with the outbreak of COVID-19 in the country. Therefore, it is pertinent that various long term and medium-term plans should be on available as a tool to resuscitate the Nigerian economy from the impact of the COVID-19 pandemic outbreak.

Recommendations

The following recommendations are made based on the findings of this study:

1. All precautionary measures put in place by government and relevant health bodies aimed at tackling COVID-19 should be obeyed and sustained.
2. Due to the fragile economic situation in Nigeria before the coronavirus pandemic, the country should not be subjected to total lockdown for so long. A partial

lockdown should be adopted in order not to worsen the economic situation. The partial lockdown of states should be reviewed from time to time, while markets and other small and medium scale enterprises should be allowed to open biweekly at the least with a controlled influx of consumers. More loan should be given to businesses to help cushion the effects of COVID-19 on business organizations

3. People that stay at home should be sensitized on what to do to avoid developing mental health problem as a result of solitude. While social gatherings (physical contacts) should remain banned, online association and other means that will satisfy the entertainment needs of the people should be encouraged.

Conflict of Interest: None reported to the best of my knowledge by any one.

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